

FWTC
FEDERAL WAY TRACK CLUB
Autumn Classic
Cross Country Meet



Saturday, October 3, 2015

Five Mile Lark Park, Federal Way/Auburn (South 366th Street & Military Road)

Directions: From I-5 take the 320th Street exit. Travel east on 320th approx. ½ mile.

Turn right onto Military Rd., follow Military Road for 3.1 miles.

Five Mile Lake Park is on the right-hand side.

Registration begins at 9:30am and will remain open all day.

Entry fee \$7 per runner (all age groups).

Course walk-through will be at 10:00am.

Individual awards: 1st place deals (ages 14 & under races only).
2nd – 8th place ribbons for all races, participant ribbons upon request.
Team award: Ribbons for 1st, 2nd and 3rd place teams (min. 3 per team to score)
In 7/8, 9/10, 11/12 and 13/14 races only

Questions: Darryl and/or Holly Genest (253) 839-4964 or fwtrack@hotmail.com

Name _____ Age as of 12/31/15 _____ Gender _____

Address _____ City _____

Phone _____ Club _____

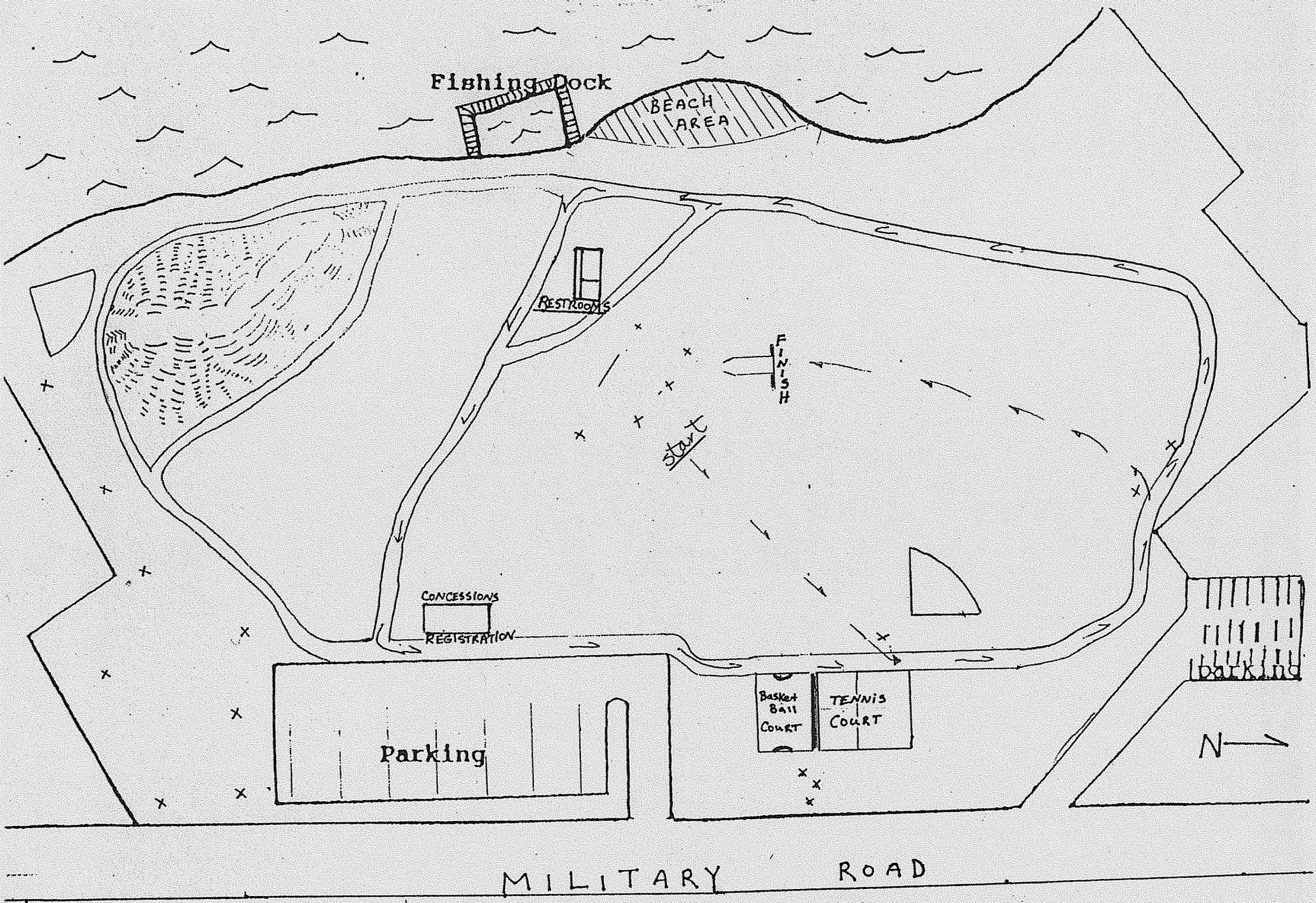
Please check one of the following (age group as of 12/31/15):

<input type="checkbox"/> 10:30 6 & U Girls & Boys (800m)	<input type="checkbox"/> 12:30 11/12 Boys (3000m)
<input type="checkbox"/> 10:45 7/8 Girls & Boys (1600m)	<input type="checkbox"/> 1:00 13/14 Girls (4000m)
<input type="checkbox"/> 11:00 9/10 Girls (3000m)	<input type="checkbox"/> 1:30 13/14 Boys (4000m)
<input type="checkbox"/> 11:30 9/10 Boys (3000m)	<input type="checkbox"/> 2:00 15-18, Open & Masters
<input type="checkbox"/> 12:00 11/12 Girls (3000m)	Men & Women (4000m)

Please read and sign:

I release the Federal Way Track Club, their club members, board of directors, sponsors and King County Parks Department from any claim for injuries that may occur as a result of participation in this event. I attest that the participant is in proper physical condition to compete in the event and is aware of the risks involved during cross country competition.

Participant signature or parent/guardian signature if under age 18



Fishing Dock

BEACH AREA

RESTROOMS

FINISH

start

CONCESSIONS

REGISTRATION

Parking

Basket Ball COURT

TENNIS COURT

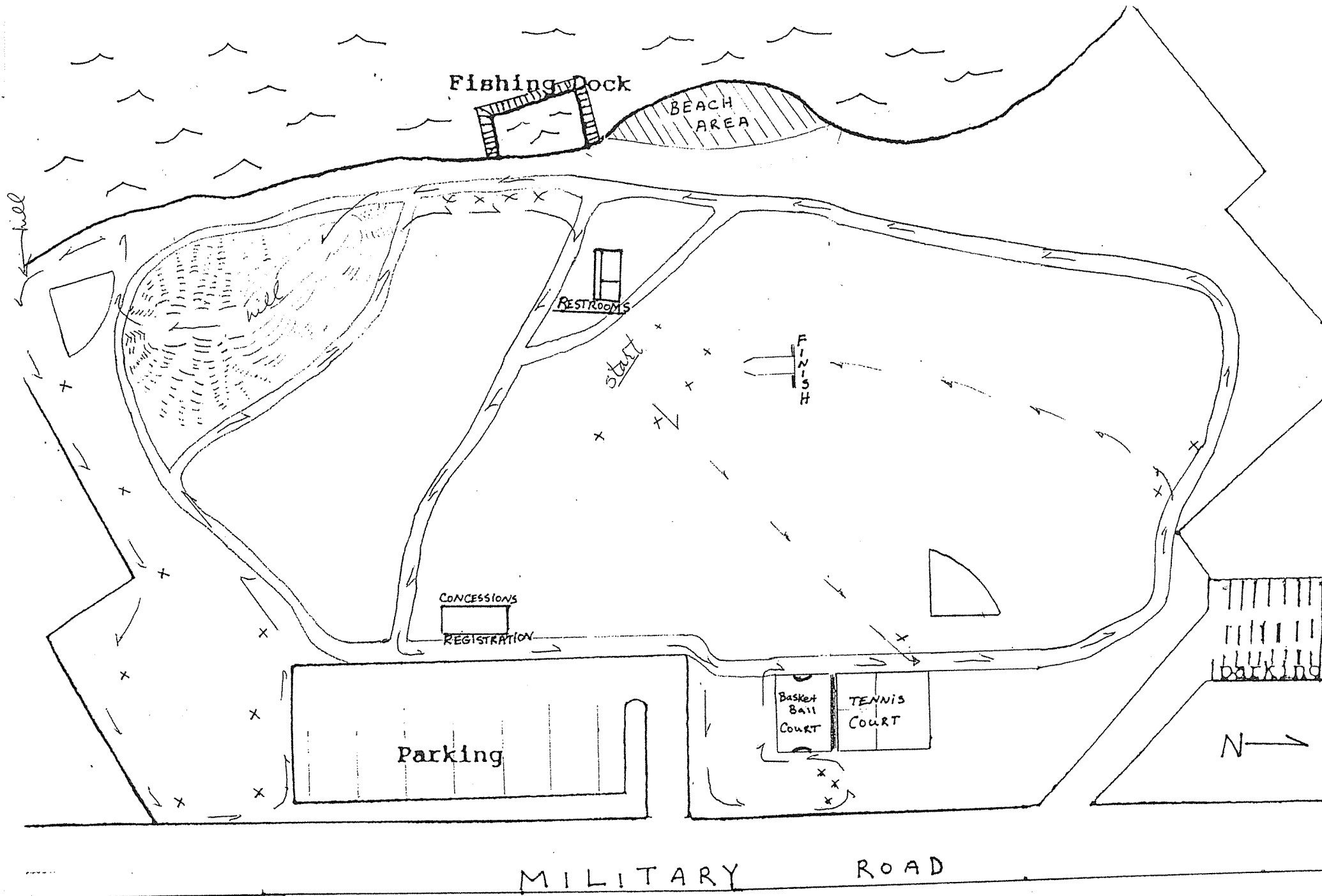
parking

N →

MILITARY ROAD

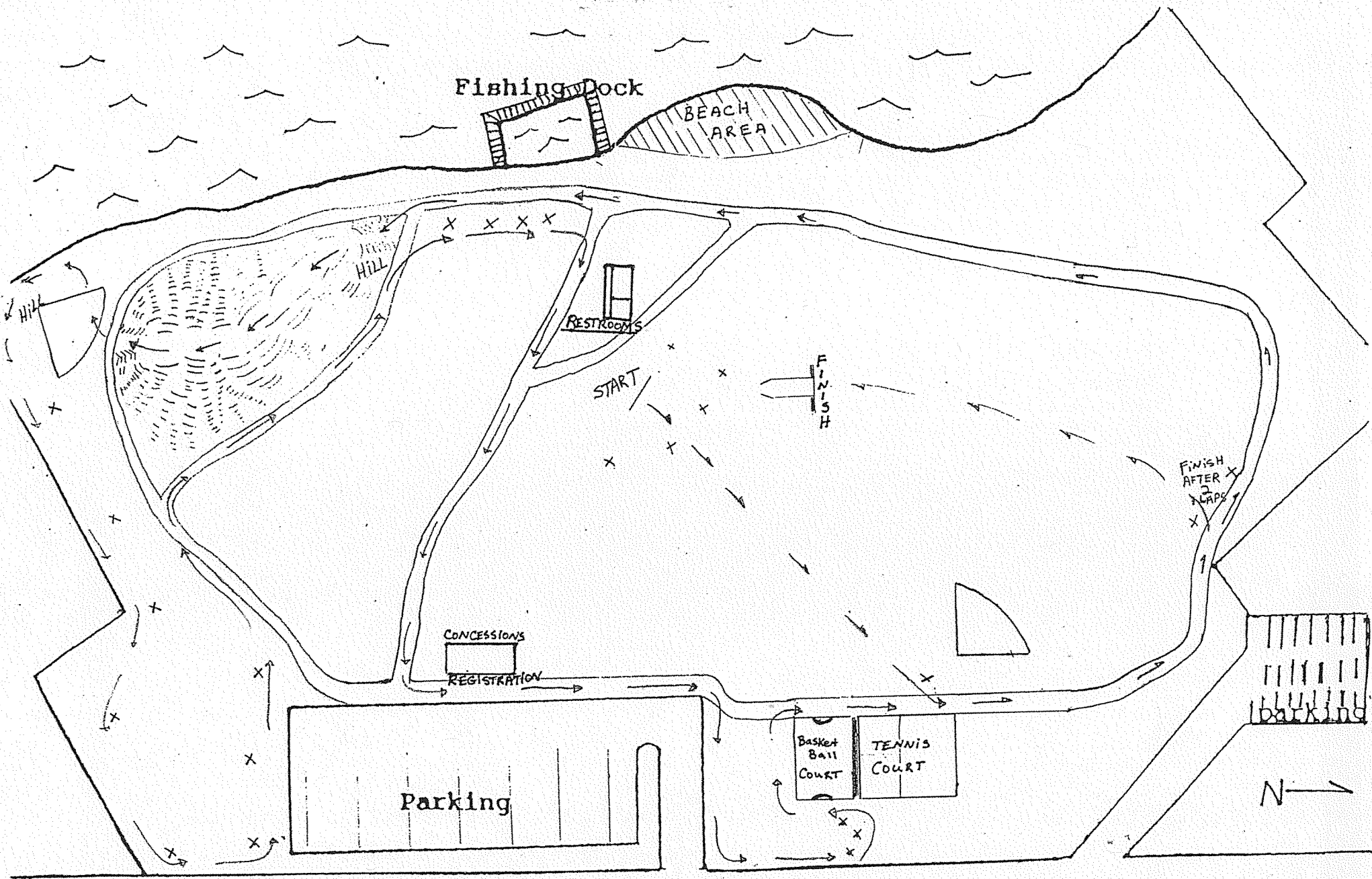
Ages: 6 & under

800 meter



Ages 7-8

1600 meter
1 lap



Fishing Dock

BEACH AREA

HILL

RESTROOMS

START

FINISH

FINISH AFTER 2 LAPS

CONCESSIONS

REGISTRATION

Parking

Basket Ball Court

TENNIS COURT

Parking

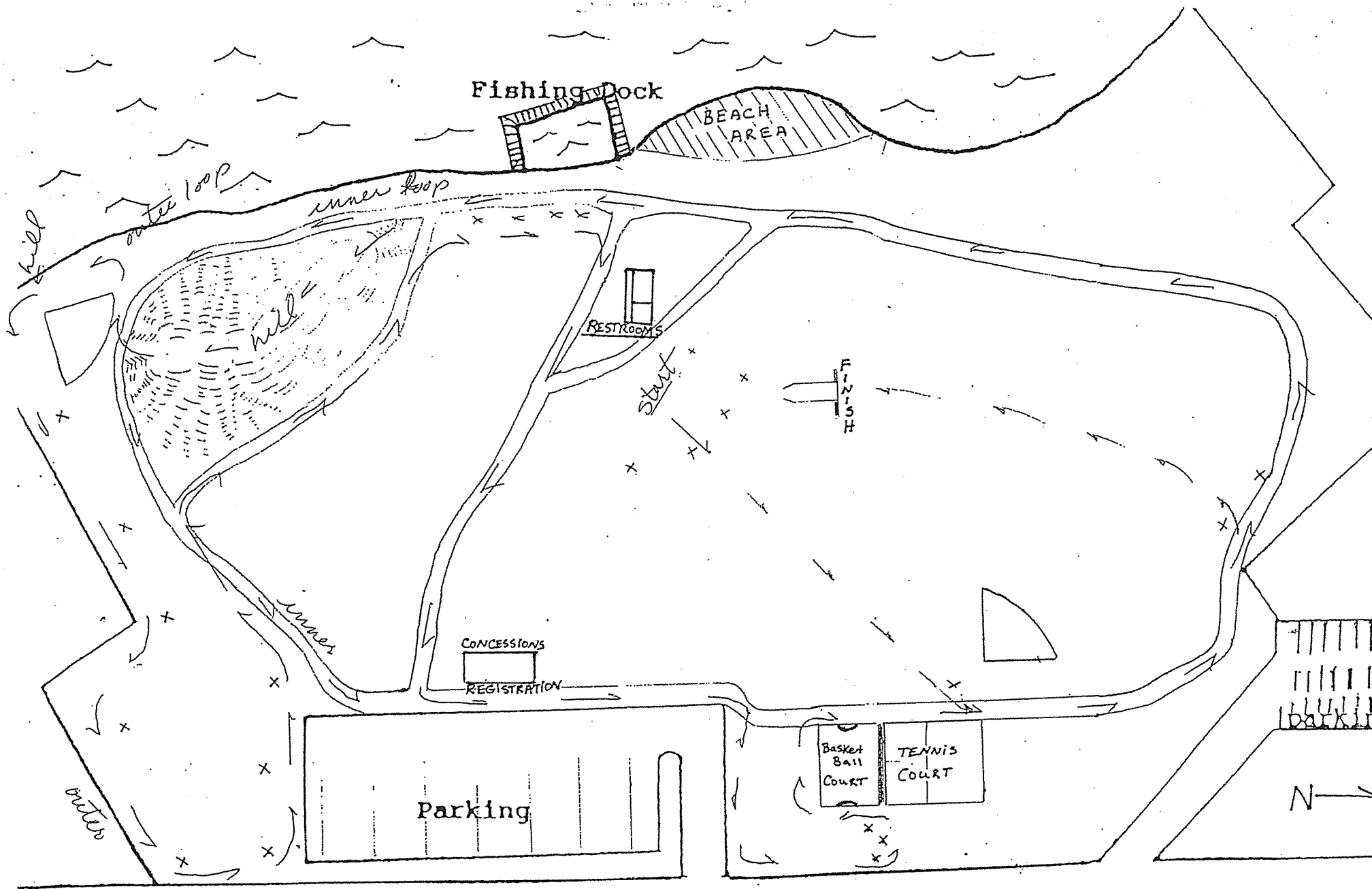
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MILITARY ROAD

ROAD

ages 9-12

3000 meter
2 loops



MILITARY ROAD

Ages 13+

4000 meter

1 inner loop, then 2 outer loops